

Ingwara y'Agakoko ka Coronavirus Disease 2019 (COVID-19) Uburyo Wakwireba

Igisata cya New Hampshire cyita kuri Serivisi z'Ubuzima bwa Rubanda (DPHS) kirategeka ko wakwikingira ugakingira n'abandi mu gukwirikiza intambuko zo kwikurikirana.

1. Itoze gukwirikirana ibyo guhumeka no gukora isuku harimo gufuka izuru n'umunwa n'agatambara gakora rimwe gusa igihe ukorora cyange witsamura no gukaraba amaboko isabuni n'amazi kumara byibuze amasegonde 20, cyange gukoresha umuti wo gusukura amaboko urimo alcool igihe isabuni ata yo.
2. Nimba wumva umuriro mu mubiri, uri kuzana ibimenyetso by'ingwara yo guhumeka (gukorora, kubabara mw'ijosi, ibicurane cyange kubura umwuka), ingwara yenda gusa n'ibicurane bidakabije (umuruho, ubukonje, cyange kuribwa mu misoso/inyama), cyange gutakaza kwumva ibisosa/ibirura, ibiryoshe/ibibishe no kutamoterwa/kutanukirwa :
 - Fata ibipimo by'ubushyuhe bw'umubiri wawe.
 - Gabanya guhura n'abandi.
 - Shaka ubufasha bwa muganga mu nzira nziza. Mbere yo kujya ku biro bya dogiteri cyange icyumba cy'indembe, hamagara mbere ubwire umuganga iby'uko ushobora kuba waranduye agakoko ka COVID- 19 n'ibimenyetso ufite.
3. Nimba ugwaye, byiza waguma mu rugo ukishyira mu kato kure y'abandi, harimo n'abo muturanye. Guma mu rugo kugeza:
 - Byibuze imisi 10 imaze kurangira uhereye ku musi ibimenyetso by'ingwara byakugaragayeho ubwa mbere

NA

- Byibuze amasaha 72 (imisi 3) imaze kurangira uhereye umusi wakize (guhera kw'umuriro ata miti yo kugabanya umuriro **no** kworoshya ibimenyetso by'ingwara yo guhumeka).
4. Reba ibi bikwirikira byo kugufasha:
 - [Ni iki wakora igihe ugwaye](#)
 - [Kwita ku buzima bwawe uri mu rugo](#)
 - [Gukinga ikwirakwira rya COVID-19 mu ngo](#)
 - [Gukora isuku no kuvanaho ibitera ingwara](#)

Ibindi bintu ushobora gukora kugira wikingire wowe n'abandi kuguma mufite ubuzima bwiza:

- Karaba amaboko kenshi ukoresheje isabuni n'amazi byibuze amasegonde 20. Nimba isabuni n'amazi bitahari, koresha umuti wo gusukura amaboko urimo alcool.
- Reka kwikora ku maso, umunwa n'izuru n'amaboko adakarabye.
- Reka gusangira ibikoresho by'ingenzi n'abandi nk'amacupa y'amazi, amatabi na/cyange ibindi batumura nk'itabi.
- Reka kwegerana cyane n'abantu barwaye.
- Guma mu rugo igihe urwaye.
- Ifuke n'agatambara gakora rimwe gusa igihe ukorora cyange witsamura, maze urangije uhite ugata muri yarara.
- Kora isuku kandi uvaneho ibitera ubwandumu bintu n'ahantu bikorwaho kenshi.
- Igihe uri hanze utari mu rugo iwawe, gumiza umwanya byibuze wa futi 6 hagati yawe n'abandi. Ibi bizwi nko kwitandukanya n'abandi mu kibano.

Amakuru ajyanye na COVID-19 arahinduka vuba cyane ndetse n'ibyo abakozi bita ku buzima bwa rubanda bategeka kugenderaho bishobora guhinduka. Warebye kuri izi mbuga nkoranabuhanga kenshi kugira ngo uronke amakuru agezweho:

- Urubuga rwa U.S. CDC
<https://www.cdc.gov/coronavirus/2019-ncov/summary.html>
- Urubuga rwa NH DPHS -
<https://www.nh.gov/covid19/>

